**Patient Information Leaflet**

**Simply Supplements™ MoodBoost**

**St John’s Wort**

**Tablets**

St John’s Wort extract 250mg

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**What is this leaflet for?**

This leaflet is for Simply Supplements™ MoodBoost St John’s Wort tablets. Each film-coated tablet of this product contains 250mg of extract (as dry extract) from St John’s Wort aerial parts (*Hypericum perforatum*) (3.5-6:1) (equivalent to 875-1500mg of St John’s Wort). Extraction solvent: Ethanol 60% v/v.

Simply Supplements™ MoodBoost St John’s Wort is a traditional herbal medicinal product used for the relief of slightly low mood and mild anxiety based on traditional use only.

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**1. What this product is and what it is used for**

This product is a traditional herbal medicinal product containing St John’s Wort. Each film-coated tablet of this product contains 250mg of extract (as dry extract) from St John’s Wort aerial parts (*Hypericum perforatum* L.) (3.5-6:1) (equivalent to 875-1500mg of St John’s Wort). Extraction solvent: Ethanol 60% v/v.

Simply Supplements™ MoodBoost St John’s Wort is a traditional herbal medicinal product used for the relief of slightly low mood and mild anxiety based on traditional use only.

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**2. Before you take this product**

**DO NOT TAKE this product if:**

- you are under 18 years of age
- you are pregnant or breastfeeding
- you are allergic to any of the ingredients (listed in section 6)
- you are lactose intolerant (react badly to lactose or milk)
- your skin is exceptionally sensitive to sunlight (photosensitive)
- you are having light treatment (phototherapy) for any condition
- you are suffering from depression (see below)

**Suffering from depression?**

Symptoms of depression include feelings of helplessness and hopelessness, loss of interest in daily activities, appetite or weight changes, sleep changes, loss of energy and difficulty concentrating. If your doctor has told you that you are suffering from depression do not use this product. If you think that you may be suffering from depression you should tell your doctor.

Tell your doctor before using this product if you have an intolerance to some sugars (see section 6).

While you are taking this product:

- avoid excessive sunbathing or the use of sunbeds/solariums
- stop using it at least 10 days prior to undergoing any surgery
- do not drive or use machines.

**Taking this product with other medicines**

St John’s Wort can affect the way some medicines work and reduce their effectiveness. Medicines that can be affected by St John’s Wort include prescription medicines, and those that you may have bought yourself without a prescription.

Therefore it is important that you do not take St John’s Wort if you are using any of the medicines listed in the table opposite.

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**3. How to store this product**

- Keep out of the reach of children.
- Store in an upright position.
- Store below 25°C.

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**4. Possible side-effects**

Some people may experience side-effects while taking this product. These include:

- *Gastrointestinal*: nausea, diarrhoea, constipation
- *Central nervous system*: headache, dizziness, tiredness, drowsiness, disturbed sleep, agitation
- *Skin*: rash, itching, dry skin, dandruff
- *Other*: depression, skin reactions, allergic reactions

If any of the side-effects get serious or if you notice any side-effects not listed in this leaflet, please tell your doctor or pharmacist.

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**5. How to take this product**

- Take as directed by your doctor.
- Do not exceed the recommended dose.
- Do not take more tablets than recommended.
- Take with food.

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**6. Further information**

For more information, please contact Simply Supplements on 0207 440 7794.

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**Keep this leaflet with the tablets.**

You may want to read it again or show it to your doctor, pharmacist or qualified healthcare practitioner.

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**Please read this leaflet carefully before you start taking these tablets.**

It contains some important information about Simply Supplements™ MoodBoost St John’s Wort tablets.
4: Possible side-effects

Like all medicines, this product can have side-effects, although the frequency is not known. These side-effects are listed below.

- **Digestive upsets** such as indigestion, loss of appetite, nausea, diarrhoea, constipation
- **Fatigue and restlessness**
- **Allergic skin reactions** such as rash, hives or itching

Stop taking this product immediately if you experience any allergic reaction.

**Other side-effects**

These include headaches, nerve pain or tingling (neuropathy), anxiety, dizziness and mania. Also sunburn-like reactions in skin exposed to strong ultra-violet (UV) irradiation (e.g. sun, solarium) have been reported, particularly in fair-skinned individuals.

If you notice any other side-effect not mentioned above or any side-effect becomes serious, tell your doctor or pharmacist.

**Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

**After taking this product**

You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after six weeks, if any side-effect becomes serious or if side-effects not mentioned in this leaflet occur.

6. Further information

Each film-coated tablet of this product contains 250mg of extract (as dry extract) from St John’s Wort aerial parts (Hypericum perforatum L.) (3.5-6:1) (equivalent to 875-1500mg of St John’s Wort). Extraction solvent: Ethanol 60% v/v.

This product also contains the following ingredients:

- **Extract**: Lactose monohydrate, calcium hydrogen phosphate dihydrate, cellulose powdered, silica colloidal anhydrous.
- **Tablet core**: Cellulose powdered, stearic acid, sodium starch glycolate (type A), silica colloidal anhydrous, magnesium stearate.
- **Film-coating**: Eudragit E 100, hypromellose, Macrogol 6000, talc, titanium dioxide (E171), iron oxide hydrate (E172) (yellow iron oxide).

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.

Each film-coated tablet contains 11mg of lactose monohydrate.

Each pack contains 90 film-coated tablets.

**Registration holder for this product**

Schwabe Pharma (UK) Ltd,
Alexander House, Mere Park, Dedmere Road, Marlow, Bucks, SL7 1FX

**Manufacturer for this product**

Wiewelhove GmbH,
Gildestrasse 39, 49477 Ibbenbüren, Germany

If you would like further information about this product, please contact:

Simply Supplements,
PO Box 1330, Peterborough, PE2 2PW.
UK Customer Care Line: +44 (0)845 863 0622
Email: enquiries@simplysupplements.co.uk

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